August 2015 Pool Schedule

Sun	Mor	ו	Tu	е	V	Ved	Tł	าน	F	ri	Sat
Fitness Knoxville Recreation Center						Sauna Adult Open S Wac Open Swim	Aqua Zumba 8-8:50am Lap Swim 11:30am-12:55pm Open Swim 1:00-4:00pm Lap Swim 4:00-4:55pm Open Swim				
		i iiggi (GIILGI	_				_		5:00-6:30pm
2 Open	3 Lap Swim	5:30-6:55am	4 Lap Swim	5:30-6:55am	5 Lap Swim	5:30-6:55am	6 Lap Swim	5:30-6:55am	7 Lap Swim	5:30-6:55am	8 Aqua Zumba
Open Swim	•	7:00-7:45am	Aqua Pilates	7:00-7:40am	•	3.30-6.55am Buoys 7:00-7:50am	Aqua Yoga	7:00-7:40am	Aqua Fun Fit	7:00-7:40am	8-8:50am
1-4pm	•	7:50-8:35am	Total Body Aqua	7:50-8:35am	Deep Waves	7:50-8:35am	Total Body Aqua		Deep Waves	7:50-7:40am	Lap Swim
Т-тріп	•	:50-11:25am		8:50-11:25am	Swim Lessons		Swim Lessons	8:50-11:25am	•	8:50-11:25am	11:30am-12:55pm
		30am-1:00pm		1:30am-1:00pm	Adult Swim	11:30am-1:00pm		11:30am-1:00pm		1:30am-1:00pm	Open Swim
											1:00-4:00pm
	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Lap Swim
Lap Swim											4:00-4:55pm
4-4:45pm	•	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:10pm	Open Swim
		6:20-7:00pm	Deep Butts & Gut	•	Chaotic Aquati	•	Deep Water Jog	•	Open Swim	6:15-8:30pm	5:00-6:30pm
	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm			
9	10		11		12		13		14		15
	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Aqua Zumba
Open	Aqua Fun Fit	7:00-7:45am	Aqua Pilates	7:00-7:40am	Shallow Blazin	Buoys 7:00-7:50am	Aqua Yoga	7:00-7:40am	Aqua Fun Fit	7:00-7:40am	8-8:50am
Swim	Deep Waves	7:50-8:35am	Total Body Aqua	7:50-8:35am	Deep Waves	7:50-8:35am	Total Body Aqua	a 7:50-8:35am	Deep Waves	7:50-8:35am	Lap Swim
1-4pm	Adult Swim 11:3	30am-1:00pm	Adult Swim 11	1:30am-1:00pm	Adult Swim	11:30am-1:00pm	Adult Swim	11:30am-1:00pm	Adult Swim 11	:30am-1:00pm	11:30am-12:55pm
											Open Swim
	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	1:00-4:00pm
											Lap Swim
	•	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:10pm	4:00-4:55pm
Lap Swim	•	6:20-7:00pm	Aqua Zumba	6:20-7:00pm	Deep Waves	6:20-7:00 pm	Deep Waves	6:20-7:00pm	Open Swim	6:15-8:30pm	Open Swim
4-4:45pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm			5:00-6:30pm

August 2015 Pool Schedule

Sun	Mon		Tue		Wed		Thu 20		Fri 21		Sat	
16											22	
	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Aqua Zumba	
Open	Aqua Fun Fit	7:00-7:45am	Aqua Pilates	7:00-7:40am	Shallow Blazin	n' Buoys 7:00-7:50am	Aqua Yoga	7:00-7:40am	Aqua Fun Fit	7:00-7:40am	8-8:50am	
Swim	Deep Waves	7:50-8:35am	Total Body A	qua 7:50-8:35am	Deep Waves	7:50-8:35am	Total Body Aqu	ıa 7:50-8:35am	Deep Waves	7:50-8:35am	Lap Swim	
1-4pm	Adult Swim	11:30am-1:00pm	Adult Swim	11:30am-1:00pm	Adult Swim	11:30am-1:00pm	Adult Swim 1	11:30am-1:00pm	Adult Swim 11	:30am-1:00pm	11:30am-12:55pm Open Swim	
	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	1:00-4:00pm Lap Swim	
	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:10pm	4:00-4:55pm	
Lap Swim	Deep Waves	6:20-7:00pm	Aqua Zumba	6:20-7:00pm	Deep Waves	6:20-7:00 pm	Aqua Pumped	6:20-7:00pm	Open Swim	6:15-8:30pm	Open Swim	
4-4:45pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm			5:00-6:30pm	
23	24		25		26		27		28		29	
	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Lap Swim	5:30-6:55am	Aqua Zumba	
Open	Aqua Fun Fit	7:00-7:45am	Aqua Pilates	7:00-7:40am	Shallow Blazn	'Buoys 7:00-7:50am	Aqua Yoga	7:00-7:40am	Aqua Fun Fit	7:00-7:40am	8-8:50am	
Swim	Deep Waves	7:50-8:35am	Total Body A	qua 7:50-8:35am	Deep Waves	7:50-8:35am	Total Body Aqu	ia 7:50-8:35am	Deep Waves	7:50-8:35am	Lap Swim	
1-4pm	Adult Swim	11:30am-1:00pm	Adult Swim	11:30am-1:00pm	Adult Swim	11:30am-1:00pm	Adult Swim 1	11:30am-1:00pm	Adult Swim 1	1:30am-1:00pm	11:30am-12:55pm Open Swim	
	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	Open Swim	1:00-4:00pm	1:00-4:00pm Lap Swim	
	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:15pm	Lap Swim	4:00-6:10pm	4:00-4:55pm	
Lap Swim	Aqua Zumba	6:20-7:00pm	Deep Water Jog 6:20-7:00pm		Aqua Pumped	6:20-7:00 pm	Chaotic Aquation	6:20-7:00pm	Open Swim	6:15-8:30pm	Open Swim	
4-4:45pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm	Open Swim	7:10-8:30pm			5:00-6:30pm	
30	31											
Open	Lap Swim Agua Fun Fit	5:30-6:55am 7:00-7:45am		Sauna	& Hot Tub Open During:					outh Park La		
Swim	Deep Waves	7:50-8:35am	Д	Adult Open Swim - Open Swim -I				-		ville, IA 501	38	
1-4pm	·			1				641-828-0580				
i ipili	, wait Owill			Water Fitness Classes					www.knoxvilleia.gov			
Lan Swim	Lap Swim	4:00-6:15pm		Wading Pool Open During:					Building Hours: Monday-Friday 5a-9p Saturday 7a-7p			
Lap Swim 4-4:45pm	Open Swim	6:20-7:00pm 7:10-8:30pm	Open Swim - Adult Open Swim - Lap Swim							unday 1-5p		